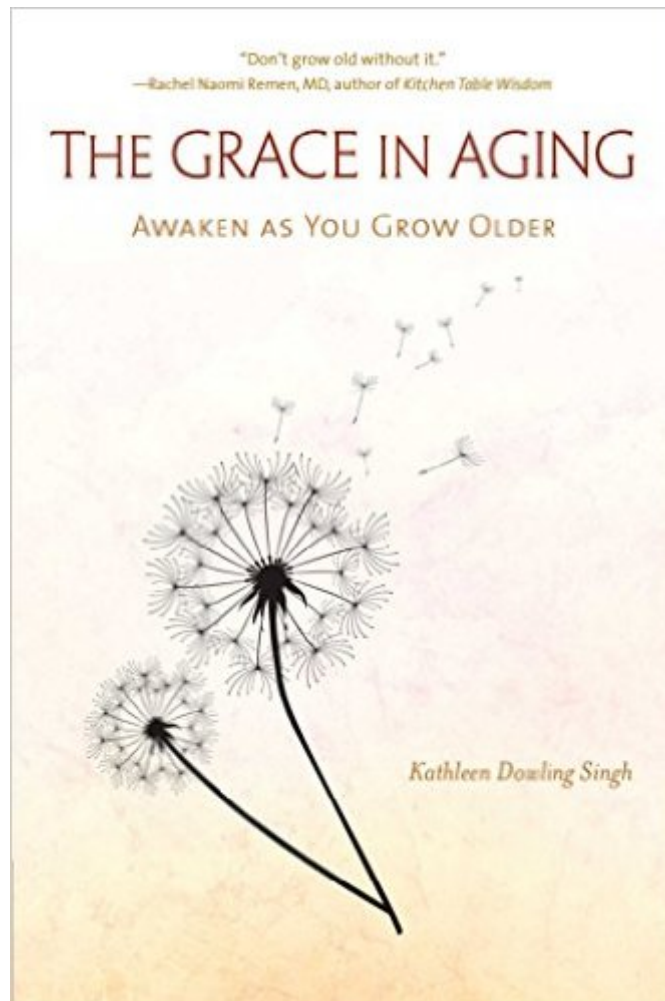


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# The Grace In Aging: Awaken As You Grow Older



## Synopsis

Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, *The Grace in Aging* invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, *The Grace in Aging* suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold—transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Chogyam Trungpa, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. *The Grace in Aging* offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.

## Book Information

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## Customer Reviews

The author has been able with this book to make a very important and relevant subject accessible

to everyone. The wisdom is captured and presented alongside a collection of beautiful, thought-provoking quotes and poems. As I began to read this work I found myself being quickly drawn into the stories and references to many spiritual, wisdom texts. I come from a Christian tradition, and found the material was opening up scriptural references I had known for many years in a refreshing and relevant new way. Actually this way appears to be ancient, it just can seem new to a contemporary audience that has not yet been exposed to the opportunity to find deeper meaning in the second half of life. The presentation of these truths is done in way that celebrates and honors all faith traditions. Ms. Singh has provided an very accessible means to avail yourself to some core wisdom that can start a life transformation that will bring much joy! I want to find a way to share this with a group of friends, maybe a reading/discussion group!! Can't wait!

Superb!!! As the author mentions, the book is appropriate for a person of any age group. You do have to be willing to take a look inside and come to terms with the stark reality that we are all aging - from the moment of birth...obviously. I often take for granted every second I have and look back on regrets rather than moving forward with some sort of peace that it is all "okay". Kathleen Dowling Singh's book sets the stage for one to embark on a journey of self reflection. For me, I read the book as a step by step process of coming to grips, and more importantly embracing, the reality of life and aging. It was an absolute pleasure to read and a tool that I will refer to often.

Saw her article in the Oneing ezine by Richard Rohr and had to get her book. Clear concise and remarkable. I am in the beginning of the book but had to start the aging questionnaire. I am aging, work with seniors and am intentional about my journey. The Grace in Aging tells the truth about process, being here now and loss...and with truth as a springboard, she invites us to see the Grace - which is beyond what our society can ever understand. I have been looking for something so real...thank you KDS

I was first introduced to Kathleen Singh's work through a well known retreat leader who mentioned the helpfulness of her book, The Grace in Dying. At that time I was in my early 60's and newly diagnosed with a life threatening disease. This book was an amazingly useful tool to help me navigate this time as well as the years following. Now turning 70, I am even more in the category of "aging." The Grace in Aging has become another useful tool in gathering the conditions which lead to a fuller life while both aging and dying, both part of the life process. I have a favorite quote at this point. There is one on every page. In referring

to the Sanskrit word usually translated as "emptiness" or "void," she describes the word as originally derived from the Sanskrit for "zero." She states, "Zero is the point where form and formlessness meet in perfect balance. This is the awakened state. To live at the zero point is to be liberated. You may be an aspiring zero. To live the remaining years of life as a zero would be truly grace. Kathleen Singh's newest book wisely offers resources to put ourselves in the way of such grace.

I have ordered extra copies and have give several to friends. Other friends are ordering their own. I found the book to be well written and helpful. I am 76 years old and most of my friends are in a similar age range. Some are ill and beginning the active dying process. I treasure this book as it helps me settle and be accepting.

At 71, after having recently lost my mother and younger sibling and receiving a scary medical diagnosis myself, my own mortality became very clear to me. My time is limited; possibly quite limited. I felt compelled to make these last years about my spirituality. I then stumbled upon this book. It was exactly what I needed to help me understand the appropriateness and significance of this call to spiritual focus, and it gave me directions to maintain and deepen my intention. It is one of the most helpful books I've come across that addresses this time of life.

I read Dr. Singh's book on dying after I lost my partner suddenly and unexpectedly, and of the many (maybe 40) books that I read seeking to understand life, death, and grief, it made the most sense. But I was afraid, and it took another 18 months after I had purchased it, to read this book. I had experienced a resurgence of profound and intense sadness almost to the point of suicide. I could see nowhere to go. Life was empty. The sole source of love, of friendship, my sustenance was gone, I was living in a sea of emptiness, aloneness. From this vantage point when I consulted my Kindle library for my next book (reading as escape from pain), I was drawn to this book. It was time. I can only say that Dr. Singh is the closest friend you ever had, a soulmate, a person of such discerning wisdom and compassion that you feel warm and secure held in the embrace of lovingkindness. Not a guru, not a therapist, not a spiritual advisor or a life coach, perhaps a mother? Words fail me, but she is the real deal.

I truly appreciate Ms. Singh's depth and her spiritual assertion. My body started aging with

exhaustion at age 50, when my cells could no longer produce sufficient energy for my muscles. Now at age 60 I live in constant exhaustion, like I have the flu. My ego personality has felt this agony of stepping into this nothingness. The hidden depth of my nothingness is now Ms. Singh's book, *The Grace in Aging*, offering me this support and faith to make the leap into the unknown. Her book offers this Divine awareness that this emptiness is a part of aging and I can be Centered within this void. Her book offers this dynamic force to melt down barriers and boundaries, where the ego relaxes and the soul can begin to grow and to change.

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